

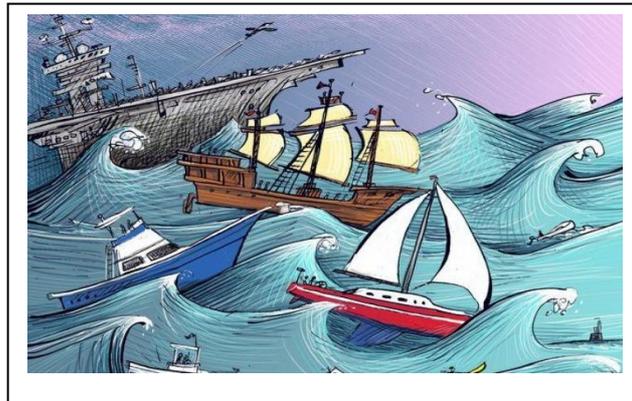
## Striving on and through

**We will be providing weekly briefings on different subjects and themes during the C19 Crisis. Welcome to issue #14.**

This week we are highlighting some recent research which will help inform our conversations in August with Stakeholders on our change programmes, considering what do we need to accelerate, what do we need to change and what do we need to do differently in light of Covi19 and the changed world we find ourselves in.

Do please keep sending your ideas, events and resources to [linda.irvinefitzpatrick@nhslothian.scot.nhs.uk](mailto:linda.irvinefitzpatrick@nhslothian.scot.nhs.uk)

“When written in Chinese, the word 'crisis' is composed of two characters. One represents danger and the other represents opportunity.” John F Kennedy



**We are all in the same storm, but we are not all in the same boat.**

The Mental Health Foundation's study - [Coronavirus: Mental Health in the Pandemic](#) provides unique insights into the mental health effects of the pandemic since mid-March, with five waves of data collected so far across the UK specifically focused on mental health and wellbeing. The Foundation's aim is to use good quality evidence to influence the actions that countries need to take to prevent a mental health crisis in the years to come.

A key finding of the study is that while we have all been affected by the COVID-19 crisis, the evidence shows a divergence in people's experience depending on their social and/or economic context in society: We are all in the same storm, but we are not all in the same boat. The report sets out a series of recommendations which we will be considering as part of our ongoing Edinburgh Thrive redesign and development plans which are set out in the Road Map and The Adult Health and Social Care Commissioning Plan. (<https://www.edinburghthrive.com/about-us>)

# Thrive Reaching Out

The findings of this study are similar to ones carried out in other countries including New Zealand and Australia. **Edinburgh Thrive** will be reaching out to our international partners to share experiences, practice and ideas. Some of the recommendations from the Foundation's study reinforce programmes of change that we are already committed to. These include, for example trauma informed public service, accelerating the rollout of digital mental health interventions, development of safe places for social connection and interaction via community and peer support utilising community assets such as libraries and other community spaces and green spaces.

During **August** Edinburgh Thrive will be reaching out to stakeholders so that we can review our change programme and consider what we need to accelerate, what we need to change and what we need to do differently in light of Covid 19 and the changed world we find ourselves in. More detail on this will be included in next briefings.

## My Hero is You

how kids can  
fight COVID-19!



**IASC**  
Inter-Agency Standing Committee

### The making of "My Hero is You"

A new storybook that aims to help children understand and come to terms with COVID-19 has been produced by a collaboration of more than 50 organizations working in the humanitarian sector, including the World Health Organization, and the United Nations Children's Fund. This is a story developed for and by children around the world. Over 1,700 children, parents, caregivers and teachers from around the world took the time to share with World Health Organisations' Inter-Agency Standing Committee Reference Group on Mental Health how they were coping with the COVID-19 pandemic.

You can download the book for free at

<https://www.unhcr.org/news/press/2020/4/5e8ecdba4/childrens-storybook-released-help-children-young-people-cope-covid-19.html>

## Behind The Lines: Scotland - How Are You Doing?

The Scottish Mental Health Arts Programme are delighted to be working with **filmmaker Hannah Currie** on Behind The Lines, a new project that will capture individual stories from across Scotland during this time.

We want to hear from people all over Scotland about how they've been coping over the past months. Via audio interviews, our aim is to create a project that raises individual voices above the sea of statistics. If you'd like your voice to be heard, please contact [behindthelines2020@gmail.com](mailto:behindthelines2020@gmail.com) for more information.

## Thriving green spaces - surveys

Researchers from the University of Edinburgh, in partnership with Edinburgh City Council and its Thriving Green Spaces Project, would like to learn more about the active commuting habits of people who work in the city of Edinburgh through some short 5 minute surveys.

1. First one of these surveys: The goal is to help us to identify opportunities to increase and improve the green and blue spaces throughout the city and their potential to support active commuting. <https://new.maptionnaire.com/q/3sg7wzf36y6i>
2. The use of Edinburgh's cycling QuietRoutes after dark paying particular attention to issues of lighting, isolation, and fear of crime and how these issues impact men and women. <https://new.maptionnaire.com/q/42xne6mox2ny>

## The Soil Association and Food For Life - Virtual Get Together

These two organisations are working hard to reach out to communities across Edinburgh, Glasgow and Inverclyde to offer support. Please don't hesitate to get in touch if you would like information on the support and resources they can offer right now. The organisations would love to work with you to help create and share innovative ways of connecting communities through **good food**.

They are holding a virtual Get Together on **29<sup>th</sup> July from 10am-12pm** called "**Bridging the Distance – Re-connecting our communities through good food**". They will be asking attendees to share what they've been doing around food over the last few months as well as any ideas about how we can re-connect through food during these uncertain times.

They are also once again offering £150 grants to kick start Get Together activities for new applicants. The application form (which contains revised guidance) can be downloaded here: <https://www.foodforlife.org.uk/get-togethers/get-involved/small-grants>.



# Do you have a story to share about the arts and mental health?

The Mental Health Foundation want to interview people who have been involved in arts programmes, projects, productions and more that relate to mental health and wellbeing.

If you have a memory to share from the **1960s to the mid-2000s**, you can be a part of an exciting project mapping the history of the mental health and arts community in Scotland!

To get started e-mail  
[ehollow@mentalhealth.org.uk](mailto:ehollow@mentalhealth.org.uk)



**SCOTTISH  
MENTAL HEALTH  
ARTS FESTIVAL**



**SOUND WALK**  
**TREE TRAIL** 01/08 - 08/08

Join us for a trail amongst the trees through  
**Craigmillar Castle Park**

journey from tree to tree, unlocking sounds  
listen - connect - reflect - create  
**with nature**



# 5 ways to wellbeing whilst staying at home during the Coronavirus



## 1 Connect

It can be stressful being at home continuously, so keep your spirits high by reaching out to your connections; send a text or even video call.

<https://www.ionos.co.uk/digitalguide/online-marketing/social-media/skype-alternatives>

## 2 Be Active

Whether it's by stretching out or becoming your own personal trainer, staying active will keep your mind and body healthy.

<https://www.bbc.co.uk/news/av/uk-51959557/coronavirus-the-green-goddess-returns-with-self-isolation-fitness-tips>

## 3 Keep Learning

Our brains love to learn, so keep them engaged and challenge yourself to read a book, work on some puzzles or even try out a new recipe.

<https://www.classcentral.com/collection/ivy-league-moocs>

## 4 Give

Give some time to listen and help those around you, even the smallest act of kindness can improve your mental wellbeing.

<https://www.volunteeredinburgh.org.uk/volunteer/covid-19-faqs>

## 5 Take Notice

Take notice of your surroundings and practice some mindfulness, making sure that you keep a comfortable space to relax.

<https://www.headspace.com>

Many people could be feeling more isolated and lonely over the coming weeks, so if you are feeling distressed, in a state of despair, suicidal or need emotional support, the following organisations can offer support:

**Breathing Space**  
0800 83 85 87  
Mon-Fri (6pm-2am)  
Sat-Sun (24 hrs)

**Samaritans**  
116 123  
Mon-Sun (24 hrs)

**The Silver Line**  
0800 4 70 80 90  
For over 55  
Mon-Sun (24 hrs)

Edinburgh Health and  
Social Care Partnership

